

# **COPE ANGEL 99**

*Exercise emphasizes  
Kadena-JASDF  
humanitarian assistance*

**Pages 8-9**

# Kwang Ju-deployed forces coming home

The U.S. Air Force is sending 18 F-15E aircraft and about 650 people home following a two-month deployment to Kwang Ju Air Base, Republic of Korea.

Redeployment of the 3rd Air Expeditionary Group is scheduled to begin this week, and is expected to take about two weeks to complete. Included are more than 80 personnel from Kadena's 18th Wing — a command element, and person-

nel from the base's civil engineer and services squadrons.

The first forces arrived in Kwang Ju May 13. The first aircraft arrived May 18. The deployment took place to put additional tactical aircraft in the region at a time when Air Force tanker and airlift capabilities were strained due to the Kosovo conflict. The heavy demand on these assets could have hindered the U.S.'s ability to respond quickly to

potential contingencies in the Western Pacific.

With the conflict in Kosovo ended, the burden on airlift and tanker forces is reduced, ensuring the Air Force will be able to rapidly respond to any potential contingency in the Western Pacific from its home bases.

Other Pacific Air Forces units deployed to Kwang Ju included the 90th Fighter Squadron and a logis-

tics support squadron from the 3rd Wing at Elmendorf Air Force Base, Alaska; a communications squadron from the 354th Fighter Wing at Eielson AFB, Alaska; and a security forces squadron from the 8th Fighter Wing at Kunsan AB, Republic of Korea.

Additional support people came from Osan AB, South Korea; Hickam AFB, Hawaii; Andersen AFB, Guam; and Yokota AB, Japan.

## CES makes things better while deployed to South Korea

By 1st Lt. Michele Tasista  
3rd Air Expeditionary Group  
Public Affairs

Civil engineers from the 3rd Air Expeditionary Group and Detachment 3, 607th Materiel Maintenance Squadron, are teaming up with other engineer units from Kadena and several other Pacific bases in an effort to accomplish nearly \$50,000 in upgrades at Kwang Ju Air Base.

The upgrades will enable Kwang Ju to remain a versatile and important base for future operations in the Korean theater, according to Col. James E. Reed, 3rd Air Expeditionary group commander.

"There are two priorities which we are fulfilling with these improvements," said Lt. Col. John Burzynski, 3rd Air Expeditionary deputy group commander. "We are enhancing our readiness while improving quality of life for people at Kwang Ju."

Kwang Ju came to life in mid-May, when the 3rd Air Expeditionary Group was activated with the arrival of more than 640 people and 18 F-15E Strike Eagle aircraft in less than ten days.

The 49 civil engineers assigned include craftsmen, firemen, readiness, and explosive or-

dinance specialists who provide construction and contingency response expertise to the group, according to Capt. Joe Taylor, civil engineers chief.



Photo by 1st Lt. Michele Tasista

Senior Airmen Marcus Hector, Marty McAlduff and Mukimbah Bess, all members of Kadena's 18th Civil Engineer Squadron, replace a ballast in a lighting fixture outside the PERSCO office at Kwang Ju Air Base, Republic of Korea. Kadena CE people arrived at Kwang Ju last week to make improvements to base facilities.

"I think this CE team is doing a great job of supporting the 3rd Air Expeditionary Group," said Chief Master Sgt. Phil Cherry, Command Chief Master Sergeant. "They never say 'it can't be done'—no matter how big the project is—as they are true dedicated professionals."

Several projects have already been completed, according to Taylor. "Some of these projects include refurbishing aging facilities, installing air conditioners, completing facility hardening, among others" said Taylor.

"This is a readiness improvement effort," said Burzynski.

"Installing air conditioning improves both readiness and quality of life—both of which improve productivity in accomplishing the mission," said Burzynski.

"The air conditioners significantly reduced the mosquito problem in our work area—now it is nice, cool and comfortable there," said Master Sgt. Dwight Nelson, transportation management office.

Always on hand and in demand—civil engineers, like services reps, work weekends and after duty hours to support the group.

"We fix everything from broken air conditioners to flooding toilets," said Master Sgt.

## Kadena bowling center, officers club win awards -- again

By Theresa Amlong  
18th Services Squadron

Two award-winning 18th Services Squadron facilities recently were named Best in Pacific Air Forces -- again.

The Kadena Bowling Complex won Best Bowling Center in PACAF for the third time. The Bowling Complex won previously in 1994 and 1997 and continued on to win Best in Air Force both years. The Officers Club Complex has won Best in PACAF for four consecutive years.

To earn the awards, each facility was evaluated on leadership, management, customer focus and satisfaction and operational results.

### Bowling

"A very dedicated staff is one of the key elements to our success as well as communication among all the workers," says Jim Nagle, bowling center assistant manager. "We set an example for the services division with an outstanding corporate image program."

All bowling center employees are cross-trained, improving communication and promoting team-

work, according to Nagle.

An internal and external employee advisory committee also provides feedback to management on employee and customer concerns.

In addition, the center offers an unconditional customer service guarantee. Employees are empowered to make decisions and take action to satisfy customers' bowling-related needs whenever required, according to Nagle.

All Star Lanes continues to keep its centers up to date with the latest technology. The Glow in the Dark Bowling Program was installed in the fall of 1998, along with synthetic lane overlays on all 46 lanes. These lanes are now maintenance free for the next 15 to 20 years.

"Implementing the glow program has increased our birthday parties, family day and kid's league participation," says Nagle. Open play has increased by 20 percent over the previous year due to the implementation of the popular glow-in-the-dark bowling. Operating expenses have been reduced by over \$100,000 from the previous year through the purchase of longer last-

ing products with lower overall purchase costs.

### Kadena Officers Club

Kadena Officers Club Complex also provides customers with winning programs.

With more than 1,900 members and annual sales exceeding \$4,660,000, the Kadena Officers Club Complex is one of the largest and most diversified club systems in the Air Force and Department of Defense.

"With five restaurants, one person doesn't do it alone," says Ed Galaviz, Officers Club manager. The Kadena Officers Club Complex consists of five geographically-separated facilities: The Officers' Club, Italian Garden, Jack's Place, Tee House and the snack bar at the Schilling Community Activities Center. "It's a team effort. We operate as one unit. Encouraging teamwork has been the cornerstone of the success of this Officers Club Complex," says Galaviz.

Weekly staff meetings, memos and a computer network system have assisted in keeping the communication lines open with all section

supervisors, allowing them to have the information available to make better decisions and provide customer service, according to Galaviz.

Although sales are declining throughout military clubs, improved food and family programs have allowed the Kadena Officers Club to maintain viable programs for the Kadena community, according to Galaviz.

At the Officers Club, the all-you-can-eat lunch buffet continues to be one of the most popular on the island. More than 700 customers continue to make the Super Sunday Brunch a family event each week. Free pizza on Tuesday Nights has increased lounge business by more than \$500 per night.

Seafood buffets, Gourmet Nights, special events, Membership Nights, and Family Nights continue to do well.

"Many visitors express their appreciation for the services provided," says Galaviz.

The Kadena Bowling Complex and Kadena Officers Club Complex are competing with six other bases to see who has the best program in the Air Force. The results will be decided at the end of July.

# Base has PACAF's best anti-terrorism program, manager

*“Force protection and anti-terrorism are an integral part in ensuring the 18th Wing is able to perform its day-to-day and wartime missions.”*

Brig. Gen. James B. Smith,  
18th Wing commander

By Senior Airman Jennifer Dixon  
Shogun associate editor

Kadena's anti-terrorism program has been named the best installation program in the Pacific Air Forces. Master Sgt. Mark Kinner, 18th Wing Anti-terrorism Force Protection noncommissioned officer in charge, is PACAF's best anti-terrorism program manager.

18th Wing commander, Brig. Gen. James B. Smith, was proud to submit the base's anti-terrorism program for the award.

“Force protection and anti-terrorism are an integral part in ensuring the 18th Wing is able to perform its day-to-day and wartime missions,” Smith said in the award package submission letter. “Evidence of this abounds throughout the base.”

The 18th Wing anti-terrorism program is second to none, according to Capt. Chris Sunseri, 18th Security Forces Squadron operations officer. 18th SFS officials said the uniqueness of the program lies in the fact that it's not solely an anti-terrorism program. It is a force protection program for the entire force.

“Winning this award is just a validation of what we already know,” Sunseri said. “Master Sgt. Kinner is incredibly knowledgeable about force protection. He's the one responsible for Kadena winning the installation award.”

Upon graduation from Air Combat Command's Level II Anti-terrorism Course, Kinner coordinated with the local Air Force Office of Special Investigation to develop a concise Level I Anti-terrorism Awareness course for all Kadena residents. In the first eight months, more than 4,000 people were trained.

As a fledgling program, it melded every facet of anti-terrorism and force protection into a total force initiative, integrating communications, civil engineering, public affairs, security forces and various other specialties into a model program, base officials said.

According to 18th SFS officials, the team chief of the Defense Special Weapons Agency's Joint Services Integrated Vulnerability Assessment Team Six said, “This anti-terrorism program is one of the best we've seen in the entire Department of Defense.”

“It's easy to be (PACAF's) best program manager when you have the people working with you that I have,” Kinner said.

The program is made up of representatives from every unit on base, each one assisting with

program management, identifying vulnerabilities, determining requirements and document training.

“Those efforts, however, mean so much more when placed against their target customer - the airmen, civilians and dependents who work and reside on Kadena,” Smith said.

Kinner worked with the base's resource protection monitor to ensure all the base service agencies had anti-terrorism plans. It was found that combining resource protection and anti-terrorism procedures increased the likelihood of success for both programs because workers had to learn only one procedure.

Kinner is the founder and author of the wing's monthly anti-terrorism newsletter, which gives base residents guidance on traveling abroad, personal security measures and general anti-terrorism and force protection information. The newsletters are distributed quarterly by e-mail to each unit force protection representative.

According to base officials, this is the first anti-terrorism program in Japan to implement new force protection facility and site reviews for all base construction programs.

“Having watched Master Sgt. Kinner in action over the past year, I can affirm that he is a veritable taskmaster, organizer and bottomless pit of ingenuity,” said Lt. Col. James Brophy, former 18th SFS commander. “In my 19 years of service, no other manager has been as quick to impress me as he has. With a track record of involvement in projects totaling more than \$23 million, not to mention untold amounts as a result of his site and facility design reviews, Mark has become the cornerstone of a program that claims the title as the best in PACAF.”

## BRIEFS

### Kadena clinic has new numbers

Following are new 18th Medical Group telephone numbers.

<b>Acute Care Services</b>	630-4684
<b>Ambulance/emergency</b>	
<i>on base</i>	911
<i>off base</i>	934-5911
<b>Appointment desk</b>	630-4817
<b>Beneficiary support/TRICARE</b>	630-4310/4515
<b>Dental appointments</b>	630-4011
<b>Health and Wellness (Building 403)</b>	634-2499/0180
<b>Information</b>	630-4889
<b>Mental Health Flight (Building 90)</b>	634-1266/3272

### Dining halls change schedule

Marshall and Strickland Dining Halls will start new schedules due to the closure of the Johnson Dining Hall facility today.

Quick Turn and Flight Kitchen hours remain the same.

**Marshall Dining Hall starts serving mid-night meals today.**

#### Monday-Friday

Breakfast	5:30-9 a.m.
Lunch	10:30 a.m. to 1 p.m.
Dinner	3:30-7 p.m.
Carry-out	7-8 p.m.
Mid-meal	10 p.m. to 1 a.m.

#### Saturday-Sunday & Holidays

Brunch	6:30 a.m. to 1 p.m.
Dinner	3-7 p.m.
Midnight	10 p.m. to 1 a.m.

**Strickland Dining Hall's new schedule starts Monday**

#### Monday-Friday

Brunch	6:30 a.m. to 1 p.m.
Dinner	3:30-6 p.m.

**Saturday-Sunday & Holidays closed**

### On-line DODDS surveys out

Command surveys about the quality of Department of Defense Dependent's Schools education can be found at the following website. The deadline for surveys is July 31.  
<http://iph-sqlt.intecph.navy.mil/dodds>

### NCO Retraining Program starts

The Fiscal Year 2000 NCO Retraining Program is underway and is designed to retrain NCOs from Air Force Specialty Codes with overages to AFSCs with shortages with a date of estimated return from overseas between Sept. 1, 1999, and Aug. 31, 2000. A retraining list is available at the Military Personnel Facility, Building 721. For more information, call 634-4872 or 632-7797.

### Comptrollers close Thursday

The 18th Comptroller Squadron will close at 2 p.m., Thursday, for Commander's Call.

### Potential telephone bill over-billing

Some Kadena residents may incur over-billing on their residential phone bill for June. This will affect customers with payroll deductions. All customers are asked to review their bills for duplicate calls showing the same information for date, time, number called and total amount. If duplicate charges are found, customers are to bring their itemized phone bill to the telephone operations office in Building 400. If erroneous charges exist, customers will be directed to the telephone billing section of accounting and finance in Building 721. In order to receive credit for erroneous charges, customers must have their itemized

phone bill. For more information, call telephone operations at 634-0505.

### Spouse scholarships offered

Spouses of enlisted people may receive up to \$500 in scholarships from the Kadena Enlisted Spouses' Club. Applications may be obtained from the Kadena Education Office and the Kadena Thrift Shop. For more information, call 632-3199.

### 353rd plans induction ceremony

The 353rd Special Operations Group's Top Three Association is having its 1999 Annual Senior NCO Induction Ceremony from 6-10 p.m., July 31 in the Kadena NCO Club.

All are invited. Cost is \$19 for filet mignon or \$16 for Rosemary chicken. The cost is \$3 for non-club members. The reservation deadline is Tuesday. For reservations, call Master Sgt. Rob Martin at 634-6778.

### Kadena Top-3 meets

All master sergeants and above are invited to attend Top-3 meetings at the Rocker NCO Club the last Friday of each month at 2:30 p.m. For more information, call 634-3020.

### AFSA plans meeting, picnic

The Air Force Sergeants Association Chapter 1553 is having a general membership meeting at 3:30 p.m., Aug. 5, in the Kadena NCO Club Kuba Room.

All Air Force enlisted members, from airman basic to chief master sergeant, may attend.

The AFSA Chapter 1553 is also planning a picnic from 11 a.m. to 4 p.m., Aug. 7 at Kadena Marina. All AFSA members and their families may attend.

For more information about either event, call Staff Sgt. Angela Bosma at 632-7169.

# Anthrax shots approach one million Vaccine safe, effective, health chief says

By Jim Garamone  
American Forces Press Service

WASHINGTON — With almost a million shots given, the anthrax immunization is proving to be one of the safest vaccination programs on record, said Dr. Sue Bailey, assistant secretary of defense for health affairs.

"The vaccine that we are administering to our troops for protection against anthrax is effective and entirely safe," Bailey said during a Pentagon interview.

She said service members are experiencing few serious adverse reactions from the shots. The most recent reports show only 14 reactions were serious enough that the service members had to be off work for 24 hours or more or hospitalized, she said. "Those who had those kinds of reactions have fully recovered," she added.

## Few adverse reactions

As of June 16, 935,632 separate shots had been administered. With 102 total reactions reported, including the 14 serious reactions, this means only .01 percent of the shots caused an adverse reaction. "This is a lower rate of reaction than one gets with a [diphtheria, pertussis, tetanus] shot administered to children," Bailey said.

Bailey countered reports that the vaccine was somehow tainted with a substance called squalene. Squalene is a substance that appears naturally in everyone's body, she explained. "You also find it in a lot of beauty products and in some health food products," she said. "But, squalene has never been used in the anthrax immunization

*"If you were exposed to weaponized anthrax spores and were not immunized, you would develop symptoms and die. Antibiotics alone cannot save you once you display the symptoms. We feel it is our responsibility to provide for the best protection ... and we do so through the immunization program."*

— Dr. Sue Bailey, assistant secretary of defense for health affairs

vaccine production, and it is not now present."

Following the reports, DOD contracted with a civilian laboratory that tested the vaccine for squalene and "found there is no squalene in the anthrax vaccine we are using," she said.

Bailey said the vaccine DOD uses is effective. "(Anthrax is) so deadly, we don't test humans," she said. "We rely upon non-human primate testing to give us the information about the efficacy of the vaccine. And that shows it to be very effective in protecting against anthrax."

The anthrax vaccine the department uses is

licensed by the Food and Drug Administration and has been since 1970, Bailey said. The vaccine stocks have undergone DOD-mandated supplemental testing performed by the manufacturer and overseen by a private, independent firm.

Since 1970, there have been no reports of long-term adverse health effects from the anthrax vaccine. However, DOD continues to study the vaccine. "We have a study underway at the U.S. Army Medical Institute of Infectious Diseases to determine whether individuals who received multiple vaccines, including anthrax, demonstrate any adverse health effects over the long term."

## Study underway

DOD has another study underway at Tripler Army Medical Center in Hawaii. A total of 570 medical workers who have received the series are being studied so DOD can get "on-going information that we can project into the future about effects of the anthrax vaccine."

The anthrax vaccination program is a series of six shots stretching over 18 months. DOD started immunizing service members most in danger from anthrax — those in or going to Southwest Asia. In May 1998, Defense Secretary William S. Cohen approved a plan to inoculate all service members against the disease.

"Anthrax is a deadly bacteria," Bailey said. "If you were exposed to weaponized anthrax spores and were not immunized, you would develop symptoms and die. Antibiotics alone cannot save you once you display the symptoms. We feel it is our responsibility to provide for the best protection ... and we do so through the immunization program."

## Leaders rap Times' editorial on anthrax shots

By Douglas J. Gillert  
American Forces Press Service

WASHINGTON — Halting mandatory anthrax shots would represent a "significant disservice" to men and women in uniform, Defense Secretary William Cohen and Gen. Henry Shelton said in a written rebuttal to the Army Times Publishing Co.

The July 12 editorial in the company's Army, Air Force, Navy and Marine Times newspapers said DOD should let service members choose whether to receive the shots until more testing is done to determine if the vaccine may cause long-term health effects.

## Greatest concern

Cohen and Shelton, chairman of the Joint Chiefs of Staff, said their greatest concern is to adequately protect service members serving in combat zones or anywhere anthrax may be a threat, and making vaccinations optional could diminish military battle readiness. At least 10 potential adversaries have worked to develop anthrax as an offensive weapon, they said.



Secretary of Defense William Cohen, left, and Gen. Henry Shelton, chairman of the Joint Chiefs of Staff, both oppose statements made in a recent issue of Army, Air Force and Navy Times newspapers concerning anthrax shots.

"Our commanders must know that all, not simply some fraction, of their forces are protected from this biological threat," the secretary and chairman wrote.

"Soldiers, sailors, airmen and Marines fight in teams, and they need to know that all team members are protected from anthrax."

The two defense leaders compared receiving the shots to wearing protective equipment. "Wearing helmets in battle isn't voluntary because everybody needs protection," they said. "The same is true of anthrax. Allowing a voluntary vaccination program is inadequate in the face of this deadly threat."

"It would be unconscionable not to protect our entire force with a safe and effective vaccine," they said. Immunization requires six shots over a period of 18 months.

About 300,000 service members have begun the series since Cohen ordered the mandatory inoculations in early 1998, and about 1 million shots have been given to date.

## Issuing a challenge

Cohen and Shelton challenged an assertion the anthrax vaccine hasn't been properly tested for safety. They said the Food and Drug Administration first licensed the vaccine nearly 30 years ago, and the Centers for Disease Control and Prevention, World Health Organization and Institute of Medicine endorse its use.

They said the vaccine manufacturer, BioPort Corp. of Lansing, Mich., works under a compliance plan approved by the FDA to ensure quality and is on schedule to meet DOD needs.

For the full text of the Cohen-Shelton response, go to [http://www.defenselink.mil/specials/anth\\_ed.html](http://www.defenselink.mil/specials/anth_ed.html).

## A look into the future

## Summer Hire Program: Preview of careers

By Rebecca Hasskamp  
Kadena Shogun summer hire

Teens involved in Kadena's Summer Hire Program are earning more than extra cash, they're gaining valuable job experience that will provide them windows into future careers.

"I'd like to be a pilot," said Jeremy Benbrooks, a 12th Fighter Squadron summer hire.

*"It gives them a chance to see what the real working world is like."*

2nd Lt. Alma Garcia

"I'm learning different areas of operations and how different things work and I'm seeing what pilots do day to day. The Summer Hire Program gives me and other summer hires beneficial job training and experience. On top of that, it's something to do this summer while earning a little extra spending money," said the 11th grader who attends school at Okinawa's Maranatha Baptist Academy.

Also eager to learn more about a career is Pam Davis, a Kadena High School ninth grader. "I'm interested in working with numbers and in learning how accountants work," said Davis, an 18th Comptroller Squadron summer hire. "I requested to work here so I could learn more about the job."

For those who supervise summer hires, keeping that window into the working world accessible to their young employees is important, ac-

ording to 2nd Lt. Alma Garcia, 12th FS personnel officer and Benbrook's supervisor.

"The program gives them a chance to see what the real working world is like," said Garcia, a former summer hire herself. "It helped me with the Air Force by giving me a lot of responsibilities."

The 12th FS, Comptroller, 18th Communications Squadron, Postal Service Center 80, Risner Fitness Center, Kadena Marina, and the swimming pools are just some of the places where summer hires work.

Since many people take leave during the summer, offices welcome the help.

"Right now we're undermanned, so it gives us that edge to do extra things we didn't have the time or people to do," said Staff Sgt. Randolph Thompson, PSC 80 NCO in charge and summer hire supervisor. "We love the Summer Hire Program. Right now we have 14 summer hires. We keep them busy and they help us a lot."

To participate, applicants must be between the ages of 14 and 28 and be a family member of an active duty or civilian employee working on Kadena. "Summer hires are placed in organizations that request them, and then they are placed from oldest to youngest," said Rie Kin, 18th Mission Support Squadron Civilian Personnel Flight personnel staffing specialist and Summer Hire Program coordinator.

Summer hires work 20 hours per week and are paid \$4.50 an hour.



Photo by Rebecca Hasskamp

Jeremy Benbrooks is using the Kadena Summer Hire Program to see what it's like to work in a fighter squadron. He wants to be a pilot.

"They reduced the hours this year so everyone who applied would get a job," said Kin. The change from 28 hours per week last year to 20 this year proved effective and everyone who applied, including three special education students, got a job, according to Kin.

Observing actual business procedures and talking to supervisors can be very helpful in a summer hire's future career, according to Garcia.

"At 16, he's really focused and he knows what he wants," Garcia said of Benbrooks, who's interested in flying the F-22, the Air Force's replacement for the F-15. This means Benbrooks is the future of the 12th Fighter Squadron.

Summer hire jobs don't have to mean just filing, typing, and taking someone's phone calls, to some, they're opening doors to their future.

*Pursuant to the Manual for Courts-Martial, commanders considering nonjudicial punishment consider the nature of the offense and the circumstances surrounding its commission — the offender's age, rank, duty assignment, record, prior misconduct and experience — and the need for good order and discipline. Therefore, comparisons of punishments based simply on rank and type of offense will not necessarily be identical. The following Article 15s occurred between April 24 and May 24.*

- An 18th Civil Engineer Squadron senior airman unlawfully entered two local national residences. The person was reduced to airman and received 60 days of base restriction.

- A 353rd Maintenance Squadron senior airman failed to pay a government Nations Bank Visa bill and made a false official statement. The person received 30 days base restriction and 30 days extra duty.

- An 18th Communications Squadron airman first class was punished for driving under the influence. The person was reduced to airman, forfeited \$250 for two months and received 30 days extra duty.

- An 18th Security Forces Squadron airman was punished for failing to attend driver improvement class as scheduled. The airman

## Kadena airmen receive Article 15 punishment

received a suspended reduction to airman basic, forfeited \$100 and received seven days extra duty.

- An 18th Munitions Squadron staff sergeant was punished for drunk and disorderly conduct and destruction of a local national's personal property off-base. The sergeant received a suspended reduction to senior airman, forfeiture of \$650 for two months, and 45 days extra duty.

- A 623rd Air Control Flight airman basic was punished for viewing pornographic material on a government computer. The person forfeited \$400 for two months, and received 30 days base restriction and 30 days extra duty.

- An 18th Medical Squadron staff sergeant disobeyed a superior commissioned officer and disrespected a superior commissioned officer. The sergeant received a suspended reduction to senior airman and 45 days extra duty.

- An 18th Communications Squadron senior

airman was punished for striking a fellow airman. The person received a suspended reduction to airman first class and 45 days extra duty.

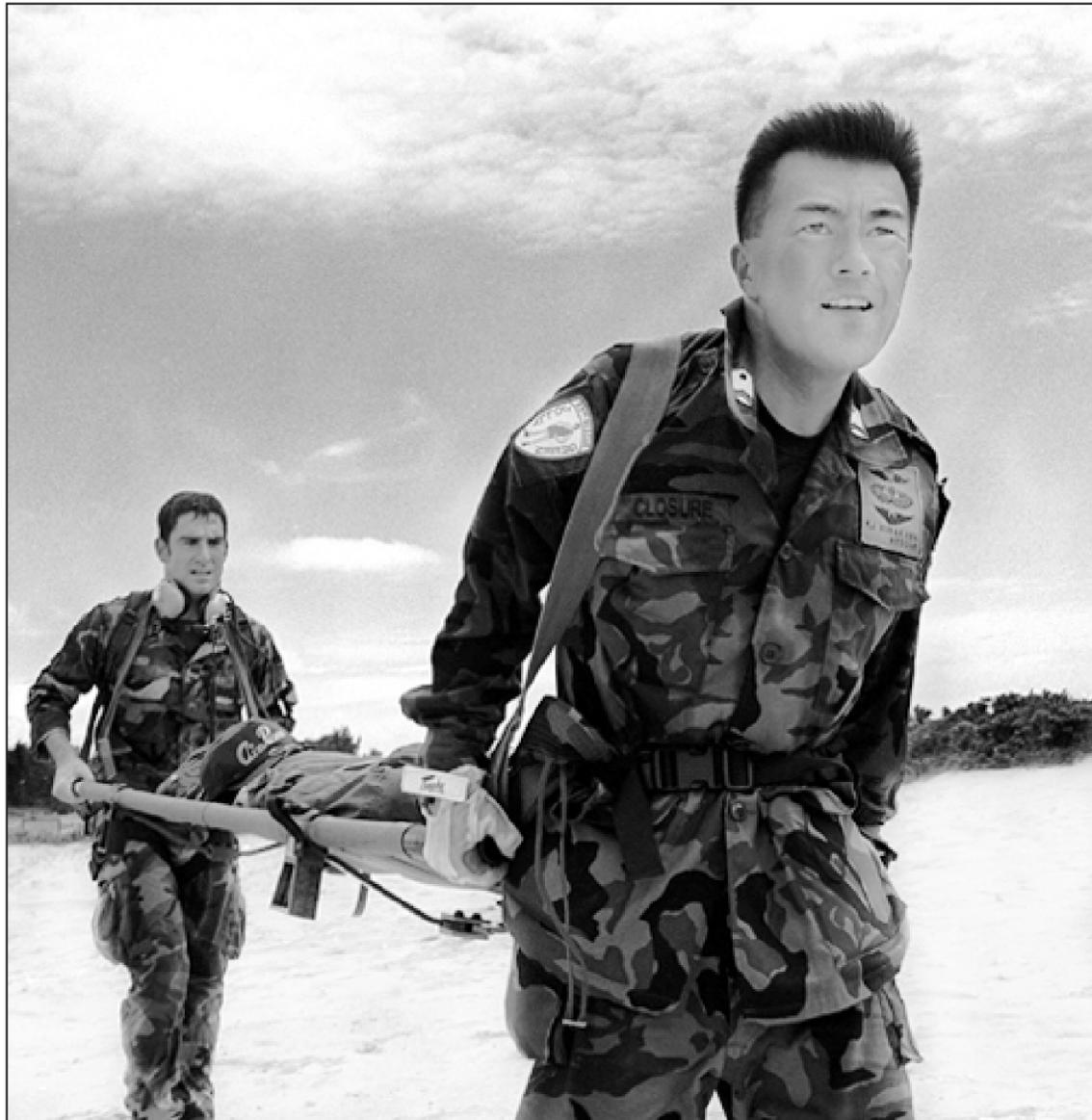
- An 18th CS senior airman was punished for pushing a fellow airman. The person was reduced to airman with that portion exceeding reduction to airman first class suspended and received a suspended 45 days extra duty sentence.

- An 18th CS airman first class was punished for striking a fellow airman. The person was reduced to airman basic with that portion exceeding reduction to airman suspended and received 45 days extra duty.

- An 18th SFS airman was punished for sleeping on duty. The airman received a suspended reduction to airman basic, forfeited \$100 for two months and received 14 days extra duty.

- An 18th Transportation Squadron technical sergeant was punished for provoking speech and gestures, communicating a threat, and assaulting a subordinate. The sergeant forfeited \$450 and received 14 days extra duty.

- A 67th Fighter Squadron senior airman was punished for failure to go to his place of duty at the appointed time. The airman received a suspended reduction to airman first class, a suspended forfeiture of \$100 for two months, and 45 days extra duty.



RIGHT - Senior Airman Paul Schultz, left, 33rd Rescue Squadron, and Tech. Sgt. Mura Kawa, Naha Air Rescue Squadron, carry a "survivor" on a stretcher during a mass casualty exercise.

ON THE COVER - Pararescuemen from the Kadena's 33rd Rescue Squadron and the Japan Air Self Defense Force load a simulated victim onto a JASDF CH-47 helicopter during a Cope Angel mass casualty exercise July 12.

Photos by Staff Sgt. Pete Saldana



Tech. Sgt. "Footman" Okuda, Naha Air Rescue Squadron, left, and Senior Airman Tony Allick, 33rd Rescue Squadron, help treat an injured "survivor."



Naha Air Rescue Squadron pararescuemen haul equipment from a CH-47 helicopter during Cope Angel '99.



Staff Sgt. Benjamin Harris, 33rd Rescue Squadron, uses a radio while other pararescuemen work in the background.

## Teamwork, combining assets key exercise concept

By Staff Sgt. Orville Desjarlais  
Kadena Shogun editor

Night training exercises between Kadena's 33rd Rescue Squadron and Japan Self Defense Force rescue units were the new twist

added to the ever-increasing complexity of Cope Angel 99, an annual peacetime search-and-rescue exercise held July 12-16. The exercise took place on a small island off Okinawa.

Exercise events included water recovery operations and both day

and night mass casualty exercise, the latter done with the help of night vision goggles.

### Main objective

The main objective of Cope Angel is to demonstrate and practice interoperability between U.S. and JASDF search-and-rescue forces.

Participants included the 33rd RS with its HH-60G helicopters, the Naha Air Rescue Squadron and its U-125A aircraft and V-107A helicopters, the Naha Helicopter Lift Squadron with a CH-47 helicopter and the Nyutabaru Air Rescue Squadron with a UH-60J helicopter.

"We want to break down barriers of combined operations so that the 33rd RS and JASDF SAR forces can work together more frequently in the future," said Capt. Rich Jacobs, 33rd RS pilot and exercise project officer.

Those barriers included language, procedures and equipment.

During the first day of the exercise, rescue units practiced plucking "victims" from the East China Sea using the JASDF's U-125A as the airborne mission command platform for the first time.

### Locating the victims

"They located the survivors and vectored in the rest of the rescue helicopters," said Staff Sgt. Brian Tharp, 33rd RS pararescueman. The 33rd RS and JASDF pararescuemen, known as PJs, intermixed their teams so that one U.S. PJ was on a JASDF helicopter and vice versa.

"We use different hand signals in the water, so we had to review them before the exercise," Tharp pointed out.

The second day included a mass casualty exercise in which the rescue squadrons practiced saving victims after a simulated aircraft accident on a small island off Okinawa.

"There was a language barrier," Tharp said. "But with their medical skills and our medical skills, we pretty much knew what the injuries were by pointing at the wounds and using hand signals. It was difficult to communicate, but I really learned a lot and it was a great opportunity to increase my medical skills."

### Teamwork on land, too

On July 14, the first-ever combined night mass casualty exercise was held on the same island.

"Since we had night-vision goggles and they didn't, we landed first," explained Jacobs. "Our PJs set up the landing zone and casualty collection point. JASDF then provided most of the manpower with three helicopters and all their PJs to do the mission. It worked out very well."

But it wasn't just over the water that the rescue units displayed cooperation. Two-person teams composed of a 33rd RS member and a Naha Air Rescue Squadron member were positioned at the 33rd RS operations desk, acting as a liaison for all information, inputs and requests.

On Thursday they again practiced open-water recovery operations, then Friday the JASDF hosted a post-exercise barbecue in Naha.

### Best training to date

"The training was some of the best so far because we increased its scope," Jacobs said. "We've expanded what we've been doing over the past couple years."

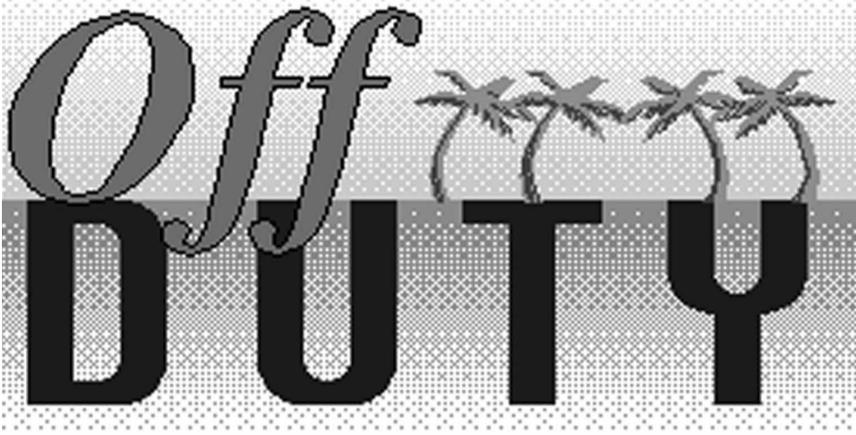
"If anything were to happen in the future, we want procedures we can actually use with JASDF so that we can officially work together."

"The whole concept of this training was based on combining our assets. In real life, if something would happen, I think we'd operate smoothly together," said Tharp.



Photos by Staff Sgt. Pete Saldana

Staff Sgt. Brian Tharp, left, and Senior Airman Paul Schultz, both in the 33rd Rescue Squadron, apply traction to a "broken leg" during Cope Angel training.



**Cultural Events**

**Saturday:** A free bullfight will be held at the Motobu Bullfighting Ring starting at 2:30 p.m. For more information, call 857-0185.

**Saturday:** A Battle of Okinawa tour takes place from 8 a.m. to 5 p.m. Stops include the Japanese Naval Underground Museum, U.S. beach landing sites, Chibi-Chir cave, Yomitan Air Field, and more. Bring yen for lunch. Call Kadena's Information, Tickets and Tours (ITT) at 634-4322 for more information.

**Sunday:** The 39th Okinawa wind instrument music concert takes place at the Naha Civic Hall from 10:30 a.m. to 7 p.m.

The cost is ¥1,000 for adults and ¥500 for students. For more information, call 877-2600.

**Sunday:** An Ie Island day tour takes place from 7:30 a.m. to 6 p.m. Hike Mount Gusuku and visit Ernie Pyle's Memorial. Bring a picnic lunch or eat at the YYY resort. Call Kadena's ITT at 634-4322 for more information.

**Tuesday:** The Kariyushi Ryukyuan dance performance takes place at the Ryukyuan Folk Theater starting at 8 p.m.

The cost is ¥2,000 in advance or ¥2,500 at the door. Call 866-2341 for more information.

**Wednesday:** The 39th Okinawa wind instrument music concert will be held at the Naha Civic Hall from 10 a.m. to 7 p.m. The cost is ¥1,000 for adults and ¥500 for students. For more information, call 877-2600.

**Wednesday through Aug. 1:**

A European Antique Fair will be held at the Mitsukoshi Department Store from 10:30 a.m. to 8:30 p.m. Call 869-4115 for more information.

**Thursday through Aug. 1:** The Nago Summer Festival takes place at the Nago fishing port and will include fireworks, an Eisa dance, and much more. Call 0980-52-4243 for more information.

**July 31:** A bullfight takes place at the Agena Bullfighting Ring at 1 p.m.

The cost is ¥3,000. For more information, call 857-0185.

**July 31:** Soak away all your tension at a traditional Okinawan bath house from 6-11:30 p.m. Enjoy herbal baths, whirlpools, and saunas.

Facials are ¥2,000 and a 45-minute massage for ¥3,000. Call Kadena's ITT at 634-4322 for more information.

**Happenings**

**July 30:** The Frances M. Jackson Chapter #46 Order of the Eastern Star (PHA) is having a 'TGIF Summer Jam' at Camp Foster's Club Chesty from 9 p.m. to 3 a.m. for all Status of Forces Agreement people.

Tickets are \$7 or \$10 per couple. The menu consists of heavy hors d'oeuvres and the dress is casual.

The money raised from this event will be used for community involvement activities, such as donations to the women's shelter, the Camp Lester U.S. Naval Hospital and for a handicap Japanese children's play day.

For more information, call 632-9858 or 633-2294.

**July 31:** The Camp Lester U.S.

Naval Hospital's first class mess is having their annual 'Kadena's Art Gallery Sale and Auction' at the Kadena Officers Club.

The pre-sale begins at 5:30 p.m., followed by the auction at 7 p.m. Proceeds will go to local charities. For more information, call 643-7637.

**Aug. 16-20:** The Kadena Protestant Chapel Community is having a children's vacation bible school from 9 a.m. until noon at the Amelia Earhart Elementary School.

The theme is 'Veggie Town values,' using the Veggie Tales characters to share God's word. Children 3 years old to those who've finished 6th grade this spring may enroll. There is no fee, but the registration deadline is Aug. 9.

For more information, call Sueann Herkel at 634-2214.

**Youth**

**Sunday:** In honor of Parent's Day, all children accompanied by an adult may bowl two games for the price of one at Kadena All Star Lanes. The offer is good only from noon to 5 p.m. Call 634-3806/3281 for more information.

**Wednesday through Aug. 20:** Children can earn a ball and a bag when they take classes twice a week and learn proper bowling techniques and etiquette.

Sign ups are now underway at Kadena All Star Lanes.

For more information, call 634-3806/3281.

Teen Center Millennium is providing a variety of activities.

For more information on the following events, call 634-3866.

**Tonight:** Alternative dance for ages 13-18 from 8-11 p.m.

**Saturday:** R&B dance for ages 13-15 from 8-11 p.m.

**Sunday:** Teen church group meets from 4-8 p.m.

**Monday:** Water fights from 2-4 p.m., and movie night from 6-8 p.m.

**Tuesday:** Jam aerobics from 5-6 p.m.

**Wednesday:** Membership Night - free food

**Thursday:** Nintendo challenge 1-4 p.m.

**Friday:** Lock-in pajama party from 9 p.m. to 9 a.m.

**Movies**

Movie schedules are supplied by the Army and Air Force Exchange Service. Patrons should call the theater to verify movie titles, ratings, and running and start times.



**Keystone Theater, 634-1869**

**Tonight:** "South Park," R

**Saturday:** "Never Been Kissed," PG-13 and "South Park," R

**Sunday:** "Baby Geniuses," PG, "Black Mask," R

**Monday:** "The Corrupter," R

**Tuesday:** "Baby Geniuses," PG and "Black Mask," R

**Wednesday:** "Ravenous," R

**Thursday:** "Wild Wild West," PG

**July 30:** "Wild Wild West," PG

**Butler Theater, 645-3465**

**Tonight:** "Wild Wild West," R

**Saturday:** "Wild Wild West," PG and "The Corrupter," R

**Sunday:** "Twin Dragons," PG-13, and "Trippin," R

**Monday:** "Trippin," R

**Tuesday:** "Twin Dragons," PG-13

**Wednesday:** "Doug's First Movie," G and "Election," R

**Thursday:** "Drop Dead Gorgeous," PG-13

**July 30:** "Drop Dead Gorgeous," R

**People helping people**

**Discovering Okinawa City**

To help Kadena members become more familiar with what Okinawa City has to offer, Okinawa City Hall officials recently offered workshops that toured different sites around the city.

The first workshop, held July 10, took participants to a black sugar factory, a tomb and a family-owned business that has been making Okinawan Awamori sake for the past 150 years. They also were taken shopping in Ichibangal, the mall located outside Gate 2, then rounded off the day back at city hall where they sampled what they purchased.

On Saturday, the second tour introduced participants to the traditions of Ireland, which included lunch, flower-display making, and Irish dance.



Photo by Staff Sgt. Orville Desjarlais

**Workers demonstrate how they make black sugar to visitors during a July 10 tour of the factory.**

**Naha Air Base holds free Summer Festival 99 tonight**

**By Senior Airman Jennifer Dixon**  
Shogun associate editor

There are literally hundreds of things to do on Okinawa, with all the historical sites to visit, parks and beaches to enjoy, and festivals to attend.

One such festival is the free Summer Festival '99 at Naha Air Base, Naha, today from 6-10 p.m.

There will be performances of Bon-odori, or Bon dance, at 7:50 and 8:50 p.m. This dance is performed annually in either mid-July or mid-August as part of the Bon festival

celebrations to welcome the ancestor spirits on their annual return to the world of the living and to bid them farewell at their departure.

The Shishi-mai performance by the Japan Air Self Defense Force starts at 8:20 p.m.

**Lion dance**

This dance, often referred to in English as the lion dance, is done in the guise of a shishi, an imaginary beast.

Usually, performers wear a headdress in the shape of a shishi. The type of shishi-mai in which two or more dancers form one lion be-

longs to the Kagura, or sacred dance, category.

The Eisa dance performance starts at 9:30 p.m. This dance is an Okinawan local Bon-odori named from the sound of shouts during the dance. The last dance performance of the evening is the Kachashi dance at 9:50. This is the traditionally performed by Okinawans at the end of ceremonies and everyone joins in.

There also will be two drum performances. The first, performed by a JASDF group, is at 8:35 p.m. The second starts at 9:20 p.m. and is the awarding for the Bon-odori dance performances.

# Preparing for your first 5 K

By Dave Elger,  
Health Promotion Department,  
U.S. Naval Hospital

Once you're fit enough to sustain continuous, slow running for 25-30 minutes and have done so for several weeks, consider entering a 5-kilometer (5K) fun run or race.

Five kilometers, or 3.1 miles, seems to be just the right distance — long enough to provide a challenge and short enough to finish and recover quickly. There is no need to invest a lot of time on long, physically-demanding training runs required for distances of 10 kilometers and more.

## The perfect motivator

Many runners find the 5K to be a perfect motivator. Can you cover the distance faster than last month?

It's very motivating and always rewarding to see your performance improve. Your pace doesn't matter — just the race experience can be fun.

You'll meet new people from all walks of life who have something in common. And don't worry about being embarrassed. Nobody cares if you run 15 minutes or 40 minutes.

Usually it's the last-place runner or walker who gets the most applause at the finish line anyway. You're out there trying. That's what counts.

For those thinking of running a 5K, training smart is important.

Following is an example of a good training schedule for beginners.



File photo

Runners break away from the starting line during one of the many 5Ks offered on base.

## Daily goals

<b>Monday</b>	Jog 20-30 minutes at an easy pace
<b>Tuesday</b>	Day off
<b>Wednesday</b>	Warm-up, then jog
<b>Thursday</b>	20-30 minutes easy pace
<b>Friday</b>	Day off
<b>Saturday</b>	Long day: 30-60 minutes, slower than goal pace. Don't be afraid to take walking breaks as needed
<b>Sunday</b>	Day off for recovery

## Weekly goals

Goal of...	Run	Walk	
<b>Week 1</b>	2 minutes	2 minutes	Repeat 5 times
<b>Week 2</b>	2 minutes	2 minutes	Repeat 6 times
<b>Week 3</b>	2 minutes	2 minutes	Repeat 7 times
<b>Week 4</b>	2 minutes	2 minutes	Repeat 8 times

If you wish to do these workouts on a track, substitute one lap for each 2 minutes at goal pace.

If you want more information about jogging, call me at 645-2578.

*NEXT: Tips for running a 5K race.*

## BRIEFS

### Air Force Golf Classic

The Banyan Tree Golf Course is having the 1999 Air Force Golf Classic Four-Person Scramble Aug. 14.

The Air Force Golf Classic is a three-level, four-person, team net score scramble event that starts with an 18-hole tournament on Kadena.

The winning team(s) will advance to the re-

gional 36-hole tournament at Hickam AFB, Hawaii, Oct. 2-3. The number of teams sent to the regional will depend on the number of entries at Kadena. At the regional championship, the top three teams will qualify for the Air Force Golf Classic Final — a 56-hole tournament to be held in November at Walt Disney World in Florida.

Sign up at the Banyan Tree Golf Course by Aug. 2. For more information, call 634-1528.

### Sailing, snorkeling adventure offered

Anyone who wants to spend a day sailing and snorkeling may want to take part in one of Kadena Marina's trips to Sand Island. The trip begins at Kadena Marina on the sailboat Remedy. Trips occur every weekend. The cost to rent the boat per day is \$250, which can be shared by up to 10 passengers. Call the marina at 634-6344 for more information.

### Adventures for teens

Camp Kadena and the Training Responsible Adolescents in Leadership program, more commonly known as T.R.A.I.L., is offering many activities for teens ages 13-18 throughout the summer.

Activities are broken down into week long segments and include snorkeling, ocean kayaking, playing paint ball, camping, trips and other activities. The program's object of the program is to provide a safe, healthy, non-competitive group and individual coeducational recreation experiences. The schedule includes:

**Warrior Week**, Monday-July 30; land navigation and field medicine training, paint ball competitions and Marine Day are scheduled during this week of activities.

**Water Week**, Aug. 2-6; during this week, trips to the Comprehensive Park, Minna Island, the Nisusaki Water Park, Zampa Misaki Beach and the Onsen Water park are scheduled.

**Sports Week**, Aug. 9-13; anyone participating in this week will take part in basketball, indoor soccer, baseball and softball.

**TLI '99**, Aug. 16-20; this is a trip to Ie Island.

For more information about these various activities or to register, call the Teen Tiger Team at 634-7528.

## Base intramural stats

### Tennis

Following are Kadena's intramural tennis final standings.

Team	Win	Loss
18th MDG	5	0
Navy Hosp.	4	1
18th MSS/SVS	3	2
18th CEG	2	3
18th MXS	1	4
961st AACS	0	5

### Women's softball

Following are women's intramural softball final standings.

Team	Win	Loss
67th FS	9	0
18th MDG	7	2
18thCS	5	4
18th SFS	5	4
18th MUNS	5	4
18th SUPS	4	5
353rd SOG	4	5
DoDDs	3	6
390th IS	3	6
Torii Tides	0	9